

QC

READ MY BOOK:

Book raises funds
for Rotary's polio
eradication program **P. 2**

ON THE SCENE:

Celebrating extraordinary
women at YWCA Women
of Distinction **P. 10**

SHARP EATS:

First Nation grows
produce, healthy people
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BORN TO BE WILD

MEGAN LAWRENCE HELPS GET ANIMALS
BACK WHERE THEY BELONG
P. 5



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

WALLIS ZBITNEW

Mr. Apple raises funds for polio eradication

Mr Apple Discovers The Four Way That is a shock full of light hearted songs relating to the gritty gritty of everyday living. It's also full of stories everyone from eight to 88 will enjoy especially if they choose to read their personal identity as told on each volume.

When I joined Rotary in 1980 the four way test became part of my decision making process, not only at work but socially and personally as well.

- The four way test states:
1. Of the things we think, say or do
2. Is it the truth?
3. Is it fair to all concerned?
4. Will it build goodwill and better friendships?
5. Will it be beneficial to all concerned?

correct?

I found a way to share the test. Rotary's "best kept secret" is a way that would also raise funds for Polio Plus, one of Rotary's major projects to eradicate the dreaded disease from the face of the earth.

I kept living life as the folloer, as I intended to move on something story about Mr Crab Apple, who was on a journey of self discovery after he had an accident.

Three friends, Mr. Porky Pooch, Mr. Kinky Lemon and Mr. Perfect Plus, using wisdom, kindness and compassion, helped Mr Crab Apple become transformed into Mr. Delia mess Apple.

When Darren Leeson, the graph artist who designed the book cover



Wallis Zbitnew

and illustrations, shared with me how reading this book had changed him from Mr Crab Apple to Mr Delia mess Apple. I intended that he share his story in the endorsement on the first page of the book.

It's a great resource for use in public libraries, senior's clubs, performance, acquisitions, government offices, businesses, rehabilitation centers and schools.

Rotary Clubs are selling this book for \$69 (\$57) including to raise funds to finish the job of polio eradication in the last three endemic countries. With the support of the B&I and McGrath Gates Foundation matching our fundraising 2 to 1, proceeds from the sale of this book will go a long way to complete eradication of the polio virus.

Mr Apple Discovers The Four Way That by Wallis Zbitnew is available at www.leafspring.com and from most Rotary Clubs.



Rainbow Heart Workshop with Darren Austin Hall & Megan Marie-Gates

May 5 - 7:30-9:30pm

Rainbow Heart: Sacred Music Concert

Join Darren Austin Hall, a renowned sacred music improviser, and a spiritual and special guest Megan-Marie Gates for an evening of soulful songs, spiritual stories, poetry and music. A sacred ceremony on the rainbow heart tour across Canada. Darren will perform diverse and sacred instruments, such as crystal singing bowls, quartz tuning forks along with his powerful shamanic singing and healing lyrics.

May 9 - 10am-12pm

Mantra, Mudra, Movement, Music.

with Megan Marie Gates

Megan Marie Movement Music guided by Megalyn Gates (Music) musical accompaniment by Darren Austin Hall on crystal singing bowls and more.

Both mantra (chanting) and mudra (hand-positions) are important and powerful aspects of our yoga practice and can open us up to deeper levels of yoga experiences. In this workshop we will explore the science of both mantra and mudra, how they can benefit our daily practice and will work with these powerful practices together as an experiential way to seal the work in the deepest, safe possible. Live music will accompany our work together! All levels.

May 9 - 4-6pm

Vibrational Source: An Introductory Sound Healing with Darren Austin

One of the most exciting fields of medicine is the use of sound and music in the healing of illness. Moreover, the field of sound healing offers a practical understanding of our recent reality revolutionized by innovations in quantum physics and supported by a recovery of the wisdom of the ancients embodied in our spiritual age. Sound is a whole new way of existing that is deeply fulfilling and inspiring. This is now mainstream. Recently on Dr. Oz's popular show, Dr. Mitchell Gaynor, a leading healer and oncologist, illustrated the power of sound to heal, even for those skeptical of such healing efforts as cancer. Dr. Gaynor's expertise allowed the power of quality crystal singing bowls which are some of the most powerful tools in the realm of sound healing. As the famous medical statistic: Edgar Cayce supported decades ago "Sound is the medicine of the future. That future is now."

In the workshop participants will be introduced to the use of sound and music as medicine drawing from wisdom of the ancient and modern innovations. Sound Healer and Myofascial Massage Darren Austin Hall, will share his knowledge from multifarious traditions and guide participants through practical applications using the voice and

chanting. The workshop will conclude with a healing and musical music performance conducted by Darren using crystal singing bowls along with his unique shamanic singing.

May 10 4-5:15pm

Reiki and Sound

—Acupuncture, Reiki & Crystal Singing Bowls with Darren Austin

In the profoundly healing workshop participants will be experienced a new acupuncture treatment by Darren. Megan-Marie will follow offering reiki healing. Participants will then need to experience the healing sounds of the crystal singing bowls with shamanic singing. An incredible multi-layered healing experience!



400-2020 11th Avenue
306-352-YOGA (9642)
www.yogawill.com

Friday - \$22

Saturday/Sunday

Individuals Sessions \$40 each

Full workshop \$120

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Morgan Lawrence holds a fledgling great horned owl, one of the animals she and her partner Jason Pinder helped rehabilitate out of their rescue in Arizona. QC PHOTO BY DON HEALY

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QC views on the scene at the YWCA Women of Distinction awards dinner at the Congress Arts Centre. QC PHOTO BY BORJA SCHULSTER

QC COVER PHOTO BY DON HEALY

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IN THE CITY

APRIL 29, 2015 — 6:51 P.M.

A study in cooking



Fudrea Hudgen brings two lobster plates to clients at the Mainline-themed Paint Kitchen Party, a fundraiser for University of Regina students and held at the Regina Soundstage. GC PHOTO BY MICHAEL GILL.

ON THE COVER

I think every time I ended working with one, it becomes my favourite. — Megan Lawrence

WILDLIFE IN THE CITY

A Regina animal rehabber's first year



Wildlife rehabilitator Megan Lawrence with a Swainson's hawk. Lawrence operates a wildlife rehabilitation centre in her Regina home last year 40 months for birds only.

By Natascia Lypny

Megan Lawrence stood by the edge of Wascana Lake with two dog crates at her feet. It was late March and water seepings still speckled the water's surface.

She knelt, opened the crates, and out waddled a snow goose and another molting goose. As soon as they spot-

ted the water they dashed through the brittle winter broken grass to the lake.

One injured by a broken corneal bone, the other by a bruised wing, the birds had been unable to migrate south for the winter.

Instead, they became patients of Lawrence's Swainson's hawk, the only animal rehabilitation centre in Regina. They spent the winter padding

around a habitat and calling out to virtual geese squawking over a recording as they recovered.

"It's the best feeling, really," said Lawrence of releasing wildlife. "That's where you want them to be."

The geese were two of 365 animals Lawrence rehabilitated from April to December last year, her first nine months in operation.

"We have that a lot. Let nature take

its course. But there's a lot of mistakes where it's humans that are ending up causing the problems," she said.

"We try to save individual animals. We're not delusional about it."

• • • • •

Recently Lawrence's workdays have begun at 6 a.m. She would like to spend just a while longer in bed

but there are hungry squawks down the hall.

On the first day of spring, she received a delivery of four orphaned baby fox squirrels.

Every morning, she scoops the rodents from their blanket nest, paps a microwave papplet in their mouths, and slowly delivers a milk formula imported from Arizona.

Continued on Page 6

We hear that a lot. Let nature take its course. But there's a lot of instances where it's humans that are ending up causing the problem. — Lawrence

She then leads to the necessary feedings and cleaning of her other guests. Rats, salamanders, more than 100 parrot species.

The full title of Lawrence's operation, "Wildlife Rehabilitation and Education Center," is a bit of a misnomer. The operations run out of her northern Regis house, sharing space with her spouse and two pigs.

A room off the kitchen serves as a rehabilitation area, with signs usually flanking its perimeter. Birds are kept in larger crates on the basement. In warmer months, the backyard turns into a zoo of pens.

By 4 a.m. Lawrence, 35, is at the RCMP Depot, where she works full time in recruitment. Other lunch, she comes home, staggering brokea with her spouse to spread out feeding times.

The evening is filled with more feeding and cleaning, and the next usual practice flight for a ringer string one.

If Lawrence is lucky, she gets to bed by midnight after giving the squirrels one final gulp of milk. It can be a 30-hour volunteer job depending on what animals you have in," she said.

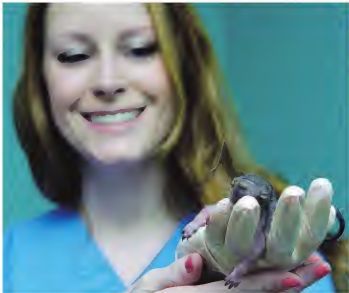
Lawrence doesn't get paid for this work, nor does she receive govern, social funding.

"I wish I didn't have to work for money and that I could volunteer my time and do this all the time for free," she said. "Or I wish that I could be paid to do this."

Lawrence tried her hand at wild life rehabilitation at a young age. She once found a hatchling sparrow on the ground in her backyard in London, Ont., and "just felt the need to rescue it."

Not wanting her parents to know about the rescue, she kept the sparrow in a toilet paper roll box and fed it in her bedroom and bed. It grows. The bird hatched three days.

Fast forward a dozen years and Lawrence reads an article about the original Salthaven, located in Mount Brydges just west of London. She visited a few days later for an interview, was hired as a volunteer



Meeta Lawrence of Salthaven Wildlife Rehabilitation and Education Centre holds a blue squirrel. PC PHOTO BY MICHELLE BELL.

on the spot and began feeding baby squirrels the next week.

"She's a natural, really. She's very methodical about the things that go on with the animals," said Brian Bell, Salthaven's founder.

"She's also got a very eager sense about her too, so far as learning," he said, describing how Lawrence stuck around after hours for surgeries and postmortems.

For the next decade, Lawrence

released a job at a few firms with Salthaven volunteering, visiting the centre three or four times per week. She rose in the ranks, becoming a volunteer trainer in her second year, then an office administrator, a volunteer coordinator, and a board member.

She worked with everything from baby mice to a bald eagle—a patient that stood out for its resilience. The mouse had a prey was brought in

so sick it couldn't stand. It died to her tube fed for weeks. Yet, a year later, it was released.

For Bell, birds of prey stand out in his memory for a different reason. He remembers how much Lawrence loved working with them, and how she could acquire their trust.

"There's one thing I work with birds of prey," he said, "and it's quite another thing to be able to work with them effectively."

When Lawrence announced her departure from Salthaven, Bell's heart was in his throat.

"She had become a very important part of what goes on here," he said.

Lawrence moved to Regis in April 2004 following her partner's transfer. She works with the RCMP too.

"We didn't realize how many there were at first, so I just thought, 'OK, that's fine. We can help them.'"
—Lawrence



Mylena Lawrence helped rescue and rehabilitate more than 300 Prairie rattlesnakes last year. PHOTOS BY BOB HENRY

But Lawrence had no plans to abandon faithless. She stayed on as a board member and, she said, "started making contacts as soon as I found out we were moving."

Within two weeks of arriving in Regina, Lawrence received provincial and federal permits to operate a rehabilitation centre.

The day after conservation officers visited her home for an inspection, they returned with a two-week-old orphaned prairie rattlesnake. "Are you ready?" It's your first patient," Lawrence recalled.

She had never rehabilitated a prairie rattlesnake before.

No matter, Lawrence called fellow rehabilitators across the province for advice and consulted a book called "Wild Mammal Rehabilitation: The First 90 Hours and Beyond."

Two decades after her first fateful rescue, Lawrence had made more success. The prairie rattlesnake stayed in her care until September, at which time it had learned how to find for itself

by searching for hidden food and practicing climbing in a pen at the backyard.

The qualified snake became Lawrence's first social media darling: she uses Facebook and Twitter to share patients' progress, educate people on wildlife, and create an awareness about the organization.

Soon though, Lawrence would make a one-day splash for another reason.

In October the phone rang. A couple's home northwest of Regina had been overrun by prairie snakes. The serpents had snuck through cracks in the stone foundation formed by water main flooding and had decided to hibernate in the basement.

"We didn't realize how many there were at first, so I just thought, 'OK, that's fine. We can help them,'" Lawrence recalled.

Continued on Page 8

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Nobody makes us do this, nobody pays us to do this. So we sort of do it out of the goodness of our hearts, and because it's our passion we end up putting in a lot of our own money. It's almost like a hobby. — Lawrence



A sampling of the animals at Allergan/Lawrence's rehabilitation center. 1 & 2, fox squirrel hatching; 3 & 4, tiger salamander; 5 & 6, fledgling great horned owl; 7, white-tailed jack rabbit; 8, young crow; 9, martin falcon. Nothing is a source of income. 6, Allergan/Lawrence's; 7, Allergan/Lawrence's; 8, Allergan/Lawrence's; 9, Allergan/Lawrence's.

She descended into the basement with pail after pail. She scooped them off the floor from wall cracks, storage bins and boxes. By day's end, she had 300 snakes on her hands.

Then came another call. And an offer.

After Lawrence visited the home for the last time, she had collected nearly one snake for every day in the year. The non-sold rescue made headlines.

Lawrence managed to release about one-third of the snakes at Condo Wildlife Refuge before winter hit. She provided another 300 to Saskatchewan Polytechnic students in Prince Albert eager for a project, and some to volunteers in Regina. The rest stayed with her, increasing her patient tally by about 100. They'll

be released in May.

Thankfully, Lawrence has a "passion" for most things people don't like, like bats and snakes — the sort of misunderstood animals.

Reels, feathers, fur: Lawrence doesn't discriminate in her love of animals.

"I think every time I ended working with one, it became my favorite," she said.

Lawrence's passion has trouble getting a big customer base.

As Lawrence's only true rehabber, she patches in whenever she can, finding, cleaning and getting the kinds of prey ready for positive fights.

"You can't do that on your own. Not with these faunas," she said.

An employee of the Annual Clinic

of Regina (where many rescued wild animals go to receive medical help), Moss' talks about animals like a good friend. She's about her new baby name: cooing and talking with a baby's voice for everything middle — yes, even those snakes.

"Some of them were so big I've never seen a gopher snake so small, like they were so cute — if you're into snakes," she said.

Moss' has an equal amount for Lawrence's devotion to rehabilitation, calling her "top and beyond" a volunteer.

Before Lawrence's arrival, animals that came through the clinic had to be transported to rehabilitation in Moose Jaw or Saskatoon.

"So her being in Regina has been huge," said Moss.

Earlier this month, Moss' had the honors of releasing a great horned owl at Condo Wildlife Refuge. One thing of her area and the patient was off. The bird flew off to a nearby tree where its mother lived. Feathers flared into the leafy branches as if it had never left the wild.

In her first year here, Lawrence boosted a 60 per cent release rate for animals, many rehabilitation centers sit at about 30 to 60 per cent, she said.

She has also become financially self-sufficient. In 2011, she thought would only happen after two years.

"Nobody makes me do this, nobody

pays me to do this," said Lawrence. "So we sort of do it out of the goodness of our hearts, and because it's our passion we end up putting in a lot of our own money. It's almost like a hobby."

She doesn't take in any animals she can't handle. Lawrence even scans out dry giving an acreage near the city, and hopefully having more volunteers. She can always see donations.

For now though, she must prepare for spring. The season when she can finally let her patients get back to the wild just before an influx of nature comes awakening. According and having back at her.

allergan@lawrence.ca
lawrence@lawrence.ca

There's one thing to work with birds of prey and it's quite another thing to be able to work with them effectively
— Brian Salt



Megan Lawton, youth services, looks for a chickadee. QC PHOTO BY MICHAEL BELL

Wildlife rehabilitation in Saskatchewan

You might have a wildlife rehabilitator as a neighbour and not even know it. Saskatchewan has about 20 provincially licensed rehabilitators from Moose Mountain to Meadow Lake. Most, like Megan Lawton in Regina, operate out of their homes or on farms.

"We typically treat non-migratory birds in the province. It's a big province with a wide range of wildlife," says Jim Shedick, who runs Living Sky Wildlife Rehabilitation in Saskatoon.

Most rehabilitators are linked through the Wildlife Rehabilitation Society of Saskatchewan, which operates a volunteer hotline triaged 12 hours per day and shuttle service to transport animals from where they're found to a rehab facility.

"We like to sometimes educate it with kind of

a 911 call for wildlife," Shedick said. Calls to the hotline increased to 15,000 in 2013 from 177 in 2006.

The society also works with about 20 veterinarians across Saskatchewan who offer first or emergency services for wild animals.

Most rehabilitators have full-time or part-time jobs on top of their animal work and run their operations with their own money, bolstered by donations.

"It is an incredibly high commitment of time and energy and money and all sort of other things," your heart is very fully in this," said Shedick.

So why do it?

"Oh," Shedick said. "That's the shortest [answer] I can come up with."

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LOTTERIES

ON THE SCENE

#YWCA WOMEN OF DISTINCTION AWARDS DINNER

Extraordinary women in the community were celebrated April 25 at the Cinescus Arts Centre at the 34th annual YWCA Women of Distinction Awards Dinner. The event raised more than \$206,500 for YWCA programs and services. There were 45 women — 36 individuals and two groups (a group of six and a group of four) — nominated in 11 categories. There are no nominees in the 12th category for the lifetime achievement award. This recipient, Jo-Anne Epifanew, was announced prior to the awards dinner.

The 2012 Women of Distinction recipients included:

- Tracy Foster for her contributions to the arts
- Doreen Lloyd for community leadership and enhancement
- Sherry Emmel for contributions to rural community
- Lucie Gance for cultural heritage
- Dr. Fatima Petricola-Bell for education and mentorship
- Shelia Pollock for entrepreneurship and innovation
- Anne Charr for wellness, recreation and healthy living
- Aimee Koch for leadership and management
- Audrey Simon for Young Women of Promise category
- Dr. Denise Bahadur for science, technology and environment
- Most Chapter Book Club Facilitators in the Circle of Friends category

Proceeds from the awards dinner support everything from travelling scholarships for abused women and children to life coaching programs.



ON THE SCENE



2. Greta Powell and Ryan Kline

4. Lee Aaron, Nadège Kinkamp
and Natasha Mink

B. Fagan and Gary Abolte

B. Rebecca Horst, Heather Andersen, and Sharon Andersen

6. Sharon Martin and Michelle Johns

©, Errol Young and Susan Reed

OC PHOTOS BY BRYAN SCHLOSSER

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EVENTS

What you need to know to plan your week.
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MUSIC

Wednesday, April 25

Wednesday Night Folk: Beers in Hibernians
Bashmaker, 220-6 Dewdney

Open Jam
6-10 p.m. Westview Community Centre, 615-6th Ave.

The Alley Grange
Leopold's Tavern, 3330 Albert St.

Northern Elms, Slick Deeps, Johnny 2 Fingers, Ten Minute Setback
McNelly's, 2226 Dewdney Ave.

Rodney Deane
Artful Dodger, 1631 11th Ave.

Thursday, April 26

Tellville concert series
Vocals, Gregson, James Worthing, Merikant Music, Noel Crawford, 6-8p
Cypher
Artful Dodger, 1631 11th Ave.

Live music
Pet Sedge, 1652 Scarth St.

Plano Bar
Artful Dodger, 1631 11th Ave.

Kinder Scout, Beautiful Thieves, Offending Grey, Leather Cabs
McNelly's, 2226 Dewdney Ave.

JJ Voss
The Pump, 641 Victoria Ave E.

Karaoke
8 p.m.-2 a.m. The Sp, 306 Albert St.

Friday, May 1

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit Centre, 3010 Dean Dr. Cell Meke, 308-680-3950.

Singing in Life
Living Skins Chorus
7:30 p.m. Westminster Church, 3026 13th Ave.

Restless Heart
Cathie Regine Show Lounge



Singer-songwriter Rodney Deane is playing the Artful Dodger on Wednesday.

1182 Saskatoon Dr.

Worship Night
The Exchange, 2431 Eighth Ave.

Alley 14
McNelly's, 2226 Dewdney Ave.

JJ Voss
The Pump, 641 Victoria Ave E.

Karaoke
8 p.m.-2 a.m. The Sp, 306 Albert St.

Orphan Mothers, Stronge Pine, Ghost Train
O'Henry's, 1947 Scarth St.

The Macleods, The Black Box, and Me
Art show and jam
The Club at the Exchange
2431 Eighth Ave.

Saturday, May 2

Open Acoustic Jam
2:30-5 p.m. Broadway's Lounge, 1207 Broadway Ave.

Umes Good concert
7:30 p.m. Westminster United Church, 3026 13th Ave.

Live music jams
All types of jams welcome. Hosted

by David Macleod
4-8 p.m. The Sp, 306 Albert St.

One Vision — The Music of Queen
Regina Symphony Orchestra Summer Concert
8 p.m. Centennial Arts Centre, 200 Lakeshore Dr.

Karaoke
6 p.m.-2 a.m. The Sp, 306 Albert St.

Mid the Alien
9 p.m. Firehouse, 3052 Albert St.

JJ Voss
The Pump, 641 Victoria Ave E.

Sunday, May 3

Spring concert
Prairie Winds Community Bands, 2 p.m. Lakeside Church, 3300 McCulloch Ave.

Heart Strings
Regina Mendelssohn Orchestra with guest artists Brian Tompkins 7:30 p.m. Shakespeare Theatre, Mendelssohn Art Gallery, 3475 Albert St.

Open Jam
Every Sunday 3-6 p.m.
M30 Club, 638 Victoria Ave.
Karaoke
8 p.m.-2 a.m. The Sp, 306 Albert St.

Generators, Skit Livez, Johnny 2 Fingers and the Deformities
The Club at the Exchange
2431 Eighth Ave.

Monday, May 4

Monday Night Jazz & Blues
Bashmaker, 220-6 Dewdney

Karaoke
8 p.m.-2 a.m. The Sp, 306 Albert St.

Happiness Youth, Molek Better, Sleeping Stone, Glim Vision, Jesus Horse
The Club at the Exchange
2431 Eighth Ave.

Tuesday, May 5

Karaoke
McNelly's, 2226 Dewdney Ave.

VISUAL ART

Joe Fafard: Men Amis
With a determination to pay homage to fellow artists, Fafard has taken on the challenge of to bronze portraits. Until April 29, 25th Street Fine Art Gallery, 2010 Halifax St.

Summer Reflections in Contemporary Canadian Fine Art
The Artists of Scott Nicholson Fine Arts
April 30-July 31, Regine Centre Crossing, 1621 Albert St.

Open Session Life Drawing
No formal instruction and all skill levels are encouraged. The model will be nude with the exception of a few special costumed sessions. Please bring your own drawing materials. \$10 per drop-in session. Thursday, 7-10 p.m. Creative City Centre, 1843 Hamilton St.

David Theabauger: Paintings and Prints

Theabauger creates canvases that capture snapshots of homes, small-town business, scenic landscapes and deep mountain lakes in vibrant colours and clear, careful lines. Opening reception, May 2, 4-7 p.m. & May 3, 10-11 a.m. Fine Art Gallery, 3475 Albert St.

David Theabauger: Deep Tides and Other Diversions

This exhibition presents a dynamic installation consisting of new prints and working processes, developed throughout Theabauger's more than 40 years as a maker and thinker. Opening celebration, May 1, 7:30 p.m. Presentation May 2, 3 p.m. Exhibition runs May 2-2nd, 2nd, 2nd Meke Art Gallery, 3475 Albert St.

David Gorman to Hide No More and other Quilt Paintings
Until May 16, Astoria Gallery 166-2300 Broad St.

Rippled, Mike Keppens and Lauren Merchand
Until May 16, Astoria Gallery, 2366 South St.

EVENTS

Annotated Topography of Place

This exhibition by Amber Phelps Bandford is a portrait of communities of personal experience, reflection and restoration of places, spaces, people and things from recent surrounding environments. It influenced by the 1962 novel *An Annotated Topography of Change* by Fluxus artist Daniel Spoerri.

UNTIL June 5: Hugel Gallery, Creative City Centre, 1843 Hamilton St.

Jeth's Denim

The eloquent, ever-expanding, work-in-progress of the renowned Canadian cartoonist Jeth Denimian embodies the confidence of many communities post-Depression and Second World War era,

when the North American economy expanded, manufacturing spread, and many cities were showcased by levels of civic engagement rarely seen today.

UNTIL July 1: Dunlop Art Gallery — Central Branch, 2211-12th Ave.

NeutralGround

4203-1836 South St
Open Thursday to Saturday, 11 a.m. - 5 p.m.

Newcomer Gallery

2148 Albert St.
Open Tuesday to Saturday, 10 a.m. - 5 p.m.

Goldendale and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Wang and Huanyi Tan
2212 Smith St. Open Monday

to Saturday, 10 a.m. - 5 p.m.

#COMEDY

The Laugh Shop

Live stand-up every Saturday night: 8:30 p.m.
Ramada Hotel, 1818 Victoria Ave.

#PERFORMANCE

Avenue Q

Puppet show/musical follows a young man named Princeton as he graduates from college and learns that life outside of school is not all it's cracked up to be. Bright characters help him on his journey to adulthood. Presented by Sterling Productions.
April 29-May 2, 7:30 p.m.
UofR Riddell Centre Sho-Gee Theatre



Avenue Q a puppet show/musical comedy with mature themes runs Thursday through Saturday at the University of Regina. sterlingproductions.ca

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300 - 1614 Hamilton St., Regina

1000 words 1 hour
your first meeting
Free initial consultation
No fee if no solution

IBDO

Moose Jaw Cultural Centre
Mae Wilson Theatre • Conexus Visual Arts Centre



**Mae Wilson Theatre and
Conexus Visual Arts Centre**
217 Main St. N. Moose Jaw
386-693-4700

Enjoy a variety of entertaining shows all year long in the Mae Wilson Theatre
View compelling artwork in the Mosaic Gallery

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www.moosejawculture.ca

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EVENTS

Pearl River Veterans Book: Writers' Guild Appreciation Reading

Featuring Carla Brinkley, Lisa Bird-Wilson, Karen Hye and Matthew Evans
April 26, 7:30 p.m.
Wascana Place Centre, 2500 Wascana Dr.

Mayday cabaret:
New Dance Horizons
May 1
The Artscape, 3627 13th Ave.

The Living Skies Chorus: Singing to Life
May 1, 7:30 p.m.
Westminster United Church
3325 13th Ave.

Word Up
An open word poetry open-mic night featuring Maria Weiss, May 1, 8:00 p.m.
Creative City Centre, 8843 Hamilton St.

Spring One-A-Act Cabaret:
Regina Little Theatre
May 1-3, 7:30 p.m.
Regina Performing Arts Centre
1077 Angus St.

Authors for Red Cross Day — Author readings
May 2
7 p.m. — Mary Good

Nicole — Ben Lundahl, Bruce Rice, Roma Buechler
7 p.m. — Alison Lehnars, Jennifer Bower, Erenise Heikila, Linda Bisetto, James Daschuk

2 p.m. — Annette Bower, Bruce Rice, Mary Good, Roma Buechler
3 p.m. — Alison Lehnars, Brenda Niskala, Linda Bisetto, James Daschuk

4 p.m. — Annette Bower, Bruce Rice
Sask Books and Collectibles, 919C Albert St.

Seniors Who? Watch Over Me
Theatre Saskatchewan presents this play as a fundraiser for Amnysty International Sask.



The Regina Motor Speedway is at the March Centre. Saturday. QC/NT Photo

May 2, 7:30 p.m.
May 3, 1:30 p.m.
Saskatchewan Express, 2212 Piuspae St.

Living Poets Society:
Spoken word open-mic night
Every Tuesday, 9 p.m.
Heakila Lounge, 2113 Broad St.

DANCING

Salsa dancing
April 26, 8-11 p.m.
Central Valley Fresh salsa,
2052 Albert St.

Isabel Night Dance Club-prosocial
Sask Books and Collectibles, 919C Albert St.

Friday Night Dancing
Hosted by Adult Social Dance Group. \$2-per couple includes tea and coffee
Every Friday, 8-10 p.m.

30 Mary's Anglican Church,
2327 12th Ave.

New Dance Horizons: Burn-off Party Sankalaw
Raffle, silent auction, food, music, reflections, dancing.
May 2, 7-11 p.m.
The Artscape, 3627 13th Ave.

50 Plus Dance
Music by Al & Cal 8 p.m.
May 3, 2-5 p.m.
Auction Club, 320 Maxwell St.

SPORTS

Member Sportscenter
May 2, 7 p.m.
Blair Centre, Royal Place

Stems and Strollers
Wednesday, 10 p.m.
Complex Orion Southland Mall, 3020 Glenview Rd.

Bake a Difference
Combat hunger through baking, spread kindness with a cookie.
Wednesday, 5-7 p.m.
Sweet Antler's Bakeries, 230 Winnipeg St. N.

Drop-in coffee and youth
Free event for youth aged 5-18. Thursday, 4-6 p.m.
Eastview Community Centre, 815 6th Ave.

Drop-In Indoor Playground
Friday, 9-11 a.m.
South Lusk Centre, 170 Somerset St.

Build and Grow Clinics:
Build a special feature product for children age 5 and up.
Saturday, 10 a.m.
Lowe's, 4325 Gordon Rd.

Movie and Ted Bored Meetings
Hosted by Kate Murray, 306-

What you need to know to plan your week.
Send events to QC@leaderpost.com

7th-23rd.
Friday, 10-11:30 a.m., Early Learning Family Centre, Scott Collegiate, 3320 7th Ave.

Midweek Kids Club
Saturday 10 a.m.-noon
2088 Prince of Wales Dr.

Family Favourite Films
Enjoy a favourite film for just \$2.50.
Saturday 11 a.m. Galaxy Cinema, 4325 McCamby Blvd. N.

Family activities
Saturday and Sunday, 3 p.m.
Saskatchewan Science Centre, 2903 Penderhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
Mehmet Art Gallery, 3476 Albert St.

Pancake and Pieschool
Jungle Open
Monday 9:30-11 a.m.
Ji Hocha Family Wellness Centre, 445 16th Ave.

Science Time for Tot's
Interactive workshop aimed at early learners.
Tuesday, 10:30-11 a.m.
Saskatchewan Science Centre, 2903 Penderhouse Dr.

Drop-in crafts and gym
Free event for youth aged 5-18. Tuesday, 4-6 p.m.
Creative Community Centre, 815 6th Ave.

MUSEUMS

Alex Young School Museum
1500 Fourth Ave.
Tours by appointment only
(306-523-3000)

Government House Museum & Heritage Property
4507 Dewdney Ave.
Tours to Sunday, 9 a.m.-4 p.m.

Civic Museum of Regina
1075 Broad St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday 10:00-4 p.m. Closed

Sunday and Monday:
RCMP Heritage Centre
2907 Dewdney Ave.
Open 9 a.m.-5 p.m. daily.

Regina Firefighters Museum
1000 Ross Ave.
Tours by appointment (306-777-7714).

Regina Floral Conservatory
1506 4th Ave.
Open daily, 1-4:30 p.m.

Regal Saskatchewan Museum
2645 Albert St.
Open 9:30 a.m.-5 p.m. daily.

Saskatchewan Military Museum
1600 Elphinstone St.
Open Monday and Tuesday, 7-9 p.m., or by appointment (306-347-0345).

Saskatchewan Science Centre
2903 Penderhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays, noon-6 p.m.
Closed Mondays.

Saskatchewan Sports Hall of Fame
2200 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m. Closed weekends.

OTHER HAPPENINGS

RCMP Sergeant Major's Parade
Weekdays, 12:45 p.m.
RCMP depot division, 5600 7th Ave.

Timorator
Volunteer fair/water auction
April 30, 8 a.m.
Sault Ste. 1531 College Ave.

Garage Sale
April 30, 9 a.m.-8 p.m.
May 1, 9 a.m.-8 p.m.
May 2, 9 a.m.-2:30 p.m.
Our Lady of Peace Church, 425 Regent St. W.

EVENTS

Growing Lilies

Regina Horticulture Society educational meeting. Gladys King from the South Sask. Lily Society will speak about the history and care of lilies. 5a April 30, 7 p.m. United Way, 1440 South St.

Garage Sale

May 1, noon-7 p.m.
May 2, 10 a.m.-3 p.m.
Heritage United Church, 1250 N. Arden St.

National Garage Sale for Alzheimer

Fundraising supporting Isabel Johnson-Slater & the SODA House.
May 1, noon-6 p.m.
May 2, 8 a.m.-6 p.m.
Communicable Risk, Emerald Park, 281 Gordon Plains Rd.

Annual Strawberry Sale

\$22 for a flat (8 lbs.) or \$11 for a half flat (4 lbs.) strawberries from California. Advance ticket purchase is recommended. 398-352-1026.
May 2, 8:30 a.m.-1 p.m.
Broadway United Church, 103 Broadway Ave.

Regina Farmers' Market

Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue and South Street

Craft and Bake sale

May 10, 9 a.m.-4 p.m.
St. Cecilia Community School, 45 McKillop Dr.

Digital storytelling workshop

Participants will create their own short digital story — writing, non-fiction, recording their script and collecting photographs to illustrate their story. Hosted by Kate Huddy. Register at storymakingyoucan.ca.
May 2, 10 a.m.-4 p.m.
Caledonia Neighbourhood Centre, 2500 12th Ave.

Authors for Indian Day

Meet local authors all day long at this book store.
May 2, 10 a.m.-7:30 p.m.



See your part of the picture this weekend — Saturday at the Legion or Sunday at the Flora Conservatory for a full report on local events.

Book Books and Collectibles,
519-C Albert St.

Annual Wildflowers and Sale

Hosted by Regina Wildflowers and Woodcarvers Club and South Saskatchewan Woodworkers Guild. Many lovely pieces of art, all created by hand from various kinds of wood, will be on display.
May 2, 10 a.m.-5 p.m.
May 3, 10 a.m.-3 p.m.
Tartan Curling Club, 1644 Broadway Ave.

John's Walk

May 2-3. Around Regina. Visit johnswalk.org/benevol/regina for more information.

Annual Spring Blossom Tea

Ladies Auxiliary Royal Canadian Legion Bazar and Bake sale. \$8. May 2, 1-3 p.m. Royal Canadian Legion, 1620 Cornwell St.

Celebrate Mothers Day

Hosted by the Regie Garden Association. Musical entertainment by vocalist. \$4. May 2, 1-3 p.m. Delta, 1619 Southview Dr.

May 1, 394-781-4791 or reginaonlinecanada.com.

May 3, 10 a.m.-2 p.m.
Regina Floral Conservatory, 1408B Fourth Ave.

Indo-European Remembrance Program

Sung and remembered. The Shikhar's Story.
May 3, 2 p.m. Beth Jacob Synagogue, 4715 McAvish St.

Smorby Prints Pub Trivia

Every Sunday, 2 p.m.
Rexdale, 6250 Sandhill Rd.

Bazaar of Ordener

Seven-course dinner featuring Chef James Gillett. Tickets (\$39.91) available at refectory.com.
May 3, 4:30 p.m.
Cove, 1821 Victoria Ave.

12th Annual Love Your Neighbour Bazaar

Fundraiser for South Harbour Rescue Mission Dinner and entertainment by the Regina Symphony Chamber Players. \$40.
May 4, 6-9 p.m. Delta, 1619 Southview Dr.

Chess Day Challenge

Drop-in gathering of local game enthusiasts.
Tuesday, 6 p.m.-midnight.
Boston Plaza, 545 Albert St. N.

FILM

From the Vault

Featuring: Kenny Rogers, Joan Brolak, Michael Cochrane, Richard Kerr and others.
May 4, 7 p.m.
MLN, Theatres, 1281 12th Ave.

Jerusalem

Documentary.
An inspiring and eye-opening tour of one of the world's oldest and most enigmatic cities. Destroyed and rebuilt countless times over 5,000 years, Jerusalem's enduring appeal remains a mystery. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as archaeologist Dr. Jodi Magness explores some of the most controversial historical sites in the region. Narrated by Benedict Cumberbatch.

We Were Wolves

Comedy/Drama.

Two estranged brothers return to the family cottage after the death of their father. Over the course of three days they must learn to let go of the resent they thought they knew, and accept responsibility for the men they have become.

Regina Public Library Theatre
2311 12th Ave., 306-777-8304

D-Day 3D: Normandy 1944

Documentary.
On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, gripping look at this moment in history, blending multiple cinematic techniques including animation, CGI, and live-action images.

Journey to the South Pacific

Documentary.
Narrated by Cate Blanchett, this is a breathtaking adventure to the last tropical islands of remote tropical Pacific, where the South Sea and below the sea. Join Awe, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter exotic animals, sea turtles, manta rays, and other iconic creatures of the sea.

Jerusalem

Documentary.
An inspiring and eye-opening tour of one of the world's oldest and most enigmatic cities. Destroyed and rebuilt countless times over 5,000 years, Jerusalem's enduring appeal remains a mystery. The film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as archaeologist Dr. Jodi Magness explores some of the most controversial historical sites in the region. Narrated by Benedict Cumberbatch.

Galaxy Cinema

420 McCreedy Blvd. W.
306-522-9606

Cinema

Scotchman
3001 Gordon Rd., 396-555-3930

Barbaric Cinema

Golden Mile Shopping Centre
3496-359-5250

NEW MOVIES

Avengers: Age of Ultron

Action.
In this sequel, the Avengers — Iron Man (Robert Downey Jr.), Captain America (Chris Evans), Thor (Chris Hemsworth), The Incredible Hulk (Mark Ruffalo), Black Widow (Scarlett Johansson) and Hawkeye (Jeremy Renner) — are put to the test as the villainous Ultron (James Spader) emerges, with the fate of the planet hanging in the balance.

Far From the Madding Crowd

Independent, beautiful and headstrong country belle Bathsheba Everdene (Carey Mulligan) has three suitors: Gabriel Oak (Michael Sheen), a sheep farmer, Frank Troy (Tom Sturges), a sergeant, and William Boldwood (Michael Sheen), a prosperous bachelor. Bathsheba considers herself irresistible to all three, but when she drops her haughty attitude, she's able to be open to a man's love. Based on the novel by Thomas Hardy.

My Puffy Thing

Comedy.
A married Broadway director falls for a prostitute-turned-actress and works to help her advance her career. Starring Jennifer Aniston, Queen Latifah, Will Forte, Owen Wilson and Imogen Poots.

Galaxy Cinema

420 McCreedy Blvd. W.
306-522-9606

Cinema

Scotchman
3001 Gordon Rd., 396-555-3930

Barbaric Cinema

Golden Mile Shopping Centre
3496-359-5250

SHAREATS

SASKATCHEWAN FOOD SCENE

First Nation grows produce and people

By Jenn Sharp

Growing gardens has turned into a goal for social enterprise for a First Nations community in northern Saskatchewan.

The Flying First Nation at Meadow Lake started a two-acre community garden on the reserve, beside the Meadow Lake River, in 2009. In 2011 they expanded the garden and began selling at the local farmers' market and the Co-op. Now the Flying First Nation Garden is up to 20 acres for the 2018 growing season and employs 10 seasonal workers. More are hired during seeding and harvest.

Local social lady who has been involved since the beginning says the garden was started to improve food sovereignty and food security on the reserve.

Northern communities have difficulty getting access to fresh food and when they do, it is sometimes up to six times more expensive than what you pay in Saskatoon or Regina.

Social lady taught a First Nations course called by Saskatchewan's Department of Agriculture on the reserve to people working in the garden. He had to change several aspects of the course, however. He adapted it to crop production for vegetables (instead of grains) and changed the pesticide and herbicide component.

"We don't use pesticides or herbicides. We only get seed that is organic and GMO-free."

His new growing organic produce is a natural on the First Nations since aboriginal philosophy emphasizes a connection to the land.

"Indigenous traditions have always emphasized the relationship with the land. If you're going to have a relationship with the land, you're not going to be putting poisonous materials into it either."

They have a storage building on-site for root vegetables — that's long out crop in potatoes (up to 20 acres

are devoted to the crop).

They need the extra space for the year as they've started a community supported agriculture (CSA) program, selling certified organic vegetable shares to individuals and corporate shares to the nine member bands in the Meadow Lake Tribal Council.

An individual share costs \$75 per month and will feed two people for 16 to 14 days. Shares are delivered to weekly in a central depot. To have the corporate agreement, a minimum of 10 shares must be purchased. The band then distributes the produce to its members.

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FEATURING CHEF JAMES CLINTON

- 2017 Best of Oremouth (Oremouth award) and 2017 Best of Oremouth (Oremouth award)
- May 2, 2018 2:30 p.m. at Co-op Kitchen
- \$15.00
- \$20.00 (includes drink)
- \$25.00 (includes drink)



A small portion of the 20-acre potato harvest from the garden at the Flying First Nation near Meadow Lake. SHARPTON PHOTO

"We're already in a situation where we think we may have to order more seed," says Seewally at the CSA's popularity in the community.

Along with supplying grocery stores and selling at the farmers' market in Meadow Lake, Flying First also supplies the CCFCC Great Food Box program in Saskatoon, along with David's Organic Market and Sangster's. An agreement with a major grocery chain is in the works.

The garden won the Aboriginal Business of the Year Award for 2015 from the Meadow Lake Business Excellence Awards. Seewally says he is honored to add of post-harvest change in people's lives.

"They used to be social service recipients and now they at least have seasonal work. If that year is successful, we will probably become a year-round operation."

It's a social enterprise first and a business second. Self-reliance plays

a big role in the garden's sustainability on the reserve.

"We're interested in making a profit so there's money for next year and so that we don't have to rely on government grants anymore. We hope that within the next year or two there will be complete self-sufficiency," he says.

Seewally is committed to feeding everyone in the community fresh organic and non-GMO produce has had a positive impact on health, too. While it's too early to tell the full effect, he says it will come.

"I think 100 years to change the diets of First Nations people to diets that are not good for their health. We can't expect that in five or six years, we're going to be changing that whole history of colonization either."

"Our motto here is growing produce, growing people."



Workers in the garden at the Flying First Nation near Meadow Lake. SHARPTON PHOTO

Sharp@leaderpost.com
Twitter.com/jennsharp

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to oc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's OC coloring contest winner was **Jessie Daniels**. Congratulations! Thanks to all the year's wonderful submissions. Try again this week!



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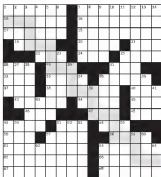
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#CROSSWORD

NEW YORK TIMES *Edited by Will Shortz*

ACROSS

- 8 Inception city
7 With 6 Avenue Cops
May 10 scale
10 (Dressed)
11 (Dressed)
17 "Grinder" and "Diner"
18 Pull on a weekend
16 Light down after the
suns in ancient
Rome
20 Truck
26 Female calls
22 Uniform (with
drum)
24 (It is) carefully
25 Like a frog
26 "The last Friday"
26 Close down
30 See 7 Avenue
32 Knapgar up
33 (20) Owens' head
Patrick Harris
35 Kiss
37 Lie
36 Members of an island
tribe
42 Prepare for planting
day
42 Tell her
44 "Can you hear it?"
45 "This ... light but
sounding" (Whitman)
46 Generic Day of
"Silent"



PUZZLE BY JACOB STUBBERG

DOWN

- 1 "Tale" ... "Hornet"
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JANRIC
CLASSIC
SUDOKU

Level: Silver

Fill in the blank cells
using numbers 1 to 9.
Each number can appear
only once in each
row, column and 3x3
block. Use logic and
pieces of information
to solve the puzzle.

The difficulty level
ranges from (Silver)
(Silver) to (Gold) (Diamond)



Solution to the
crossword puzzle and
the Sudoku can be
found on Page 19

Regina's Cultural Plan

Want to have a say in your City's Cultural Plan?

We want to hear from you!

The City of Regina is in the final stages of developing its first Cultural Plan. The City is looking for your feedback on five specific goals to help complete the Cultural Plan.

Please visit Designregina.ca/cultural-plan to read more about the plan, review the five goals and complete a short survey.

You can also submit your questions or comments to culturalplan@regina.ca.

Feedback will be accepted until May 8, 2015.

We thank you for your feedback and contribution to cultural planning.

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LEADER-POST

WINE WORLD

#SASKATCHEWAN WINE SCENE

An Australian Shiraz made for spring BBQ sipping

By James Romanow

Once upon a time, a long time ago, Canada went crazy for Australian Shiraz. People couldn't get enough of the stuff. But the shelf space in the B.C.A. was dominated by it with ever stronger names and more synthetic tastes.

It couldn't last and, of course, it didn't. Today the Australian section is a shadow of its former self. What's more, it's likely to shrink further. Together too many members of the Australian wine industry are still clinging to "we make the best wine in the world" instead of paying attention to the opposition.

In fact, they are and do make some very good wines in Australia — even Shiraz. They have had to tone down the syrrygy gunk they sold circa 2000. The wines are slowly becoming leaner and more soulful over time. (Every single wine representative I've met from Australia for the last two years drops that adjective subconsciously as humanly possible. One of them finally burst out to yell for my benefit: "Shiraz... for Australia Shiraz.")

McGowan is a producer that covers most of the price points here, and to be fair to them, they produce some wines that are solid value. I'm more likely to serve their Shiraz at a bar-b-que than at a formal dinner event, which is not an insult.

The wine has the trademark flavours of dark



fruit but they have happily stated back the vintage several times over. Following the grapes to speak for themselves.

McGowan Win 2000-2014 2015 2016 2017

More wine in Monday's LeaderPost and on Twitter @jamesr.

Watch For It!

Leisure Guide Summer 2015

FLIGHTS
Check out our free summer travel guide to help you plan your trip. p. 12

SUMMER CAMP
Learn about the best summer camps for children and youth. p. 38

Register at: 1-800-777-2227 (Toll-free)

City of Regina | REGINA
where everyone

Crossword/Sudoku answers

A	T	A	S	T
N	U	G	G	E
O	P	E	R	A
I	O	E	S	
E	G	O		
A	H	A		
S	U	V		
A	L	A		
U	N	P		
T	I	C		
S	A	G		
I	V	A		
A	I	R		
R	A	D		
K	N	E		

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3	8	4	5	7	1	9	2	6
6	1	2	3	9	8	4	5	7
7	5	9	2	6	4	3	1	8
4	3	5	9	8	7	1	6	2
2	6	7	4	1	3	8	9	5
8	9	1	6	5	2	7	3	4

Delivery starting May 3, 2015
Registration for Residents starting May 12, 2015
Registration for Non-residents starting May 14, 2015

City of Regina | REGINA
where everyone

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**TOTAL
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